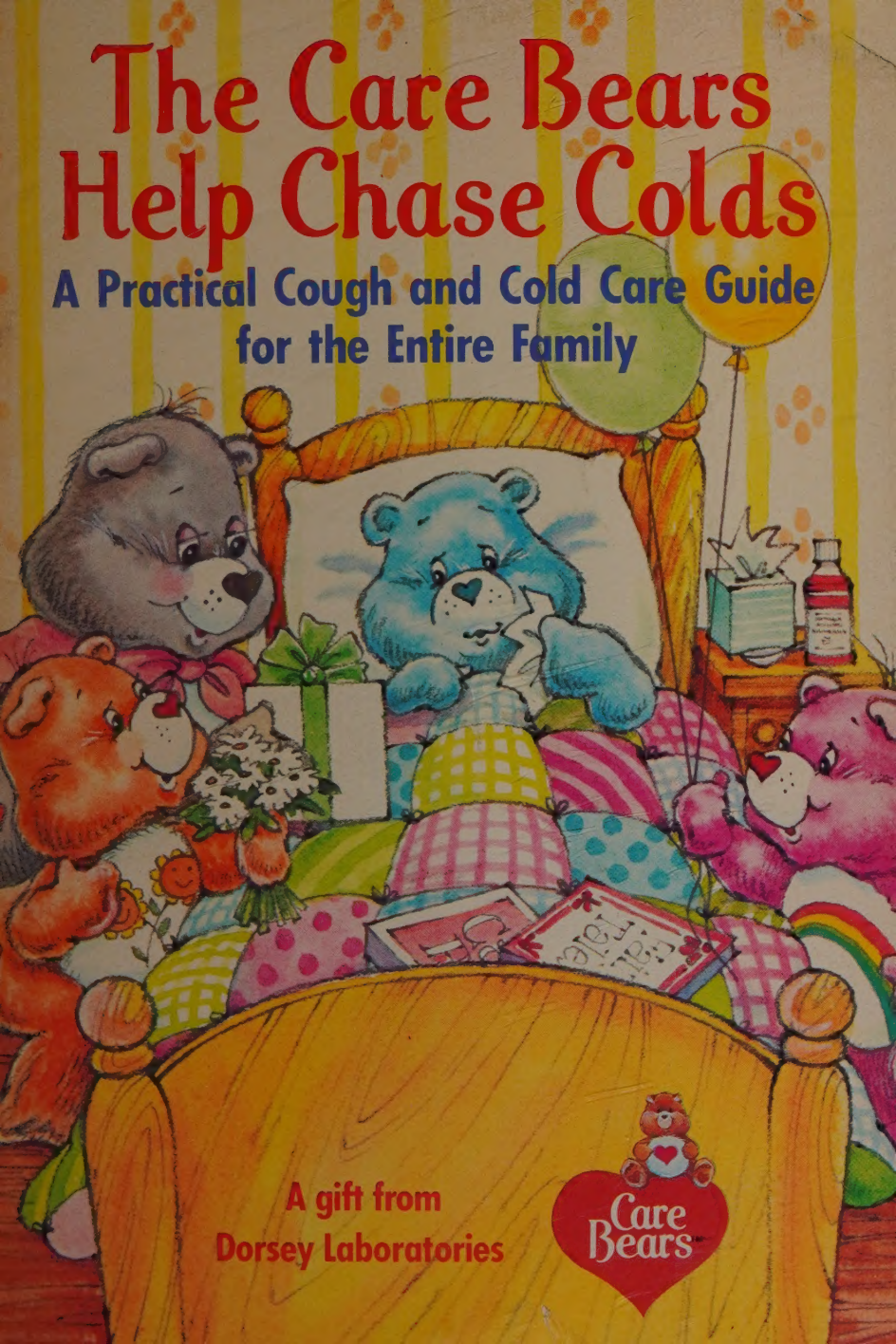
The Care Bears Help Chase Colds

A Practical Cough and Cold Care Guide for the Entire Family



A gift from
Dorsey Laboratories

Care Bears

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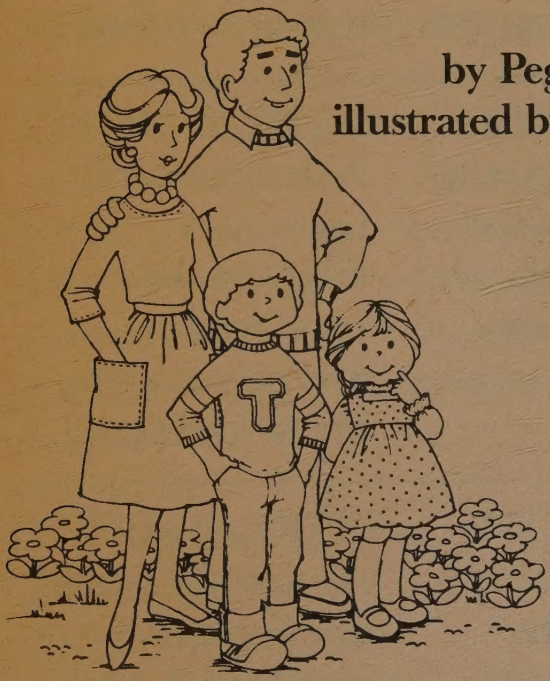

by Peggy Kahn
illustrated by Pat Sustendal

Random House New York

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A FAMILY COUGH AND COLD CARE CHECKLIST

Before selecting a cough or cold medicine for yourself or your family, check this list to determine which types of product will work best for the specific symptoms you want to relieve.

☐ SYMPTOM:
A stuffed-up nose is caused by the swelling of the air passages in the nose.

☐ TREATMENT:
A decongestant works by reducing the nasal swelling and opening up the air passages.

☐ SYMPTOM:
A runny nose is caused by the secretions in the nose.

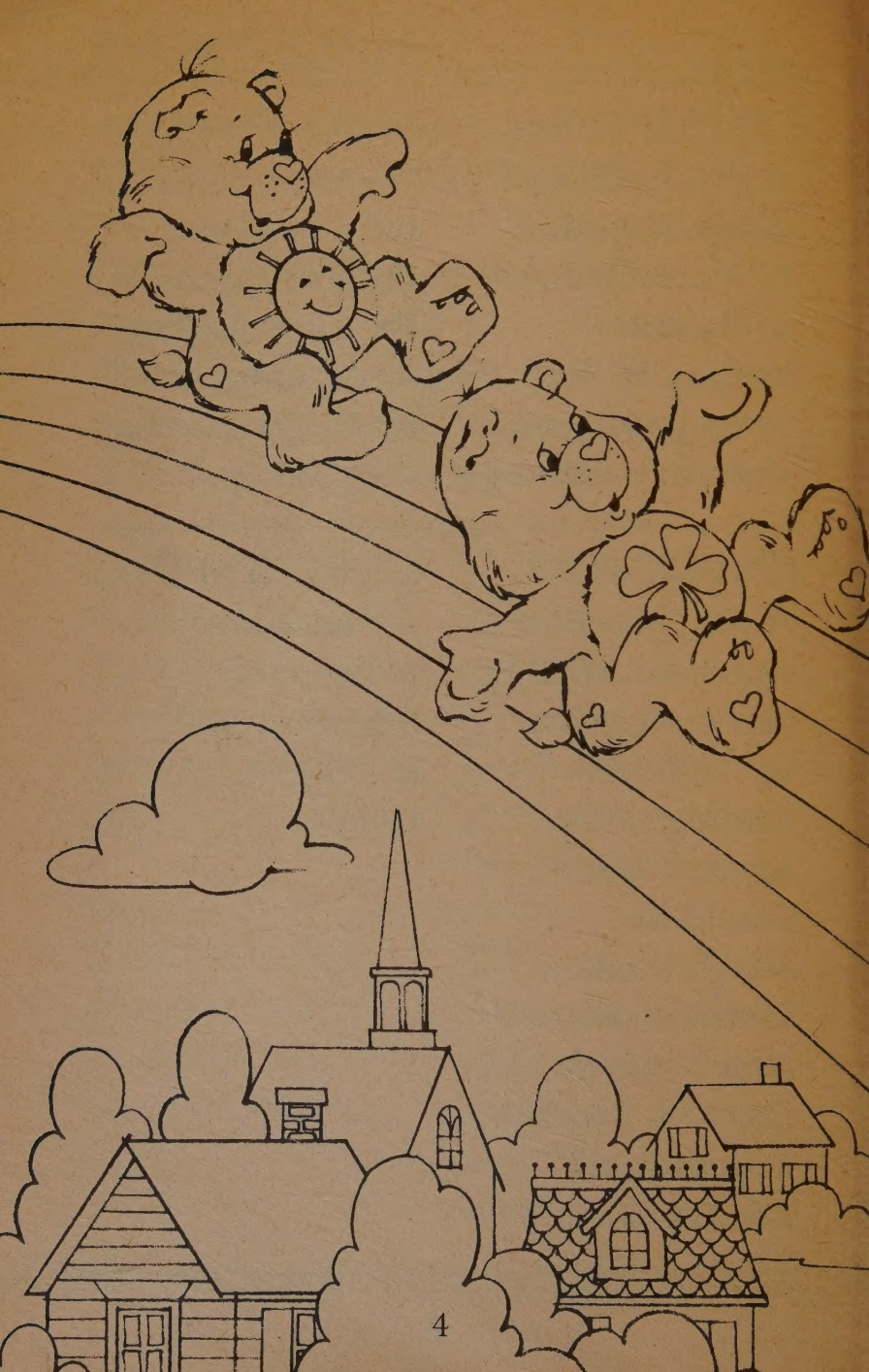
☐ TREATMENT:
An antihistamine dries up these secretions. It may also make you sleepy.

☐SYMPTOM:
A dry, hacking cough is caused by the secretions in the tubes leading to the lungs getting too thick to cough up.

☐TREATMENT:
An expectorant helps to loosen thick secretions in the tubes leading to the lungs and allows them to be coughed up.

☐SYMPTOM:
A wet, productive cough is caused by excess secretions in the tubes leading to the lungs. These should be coughed out. However, the cough may at times be frequent, irritating, and exhausting.

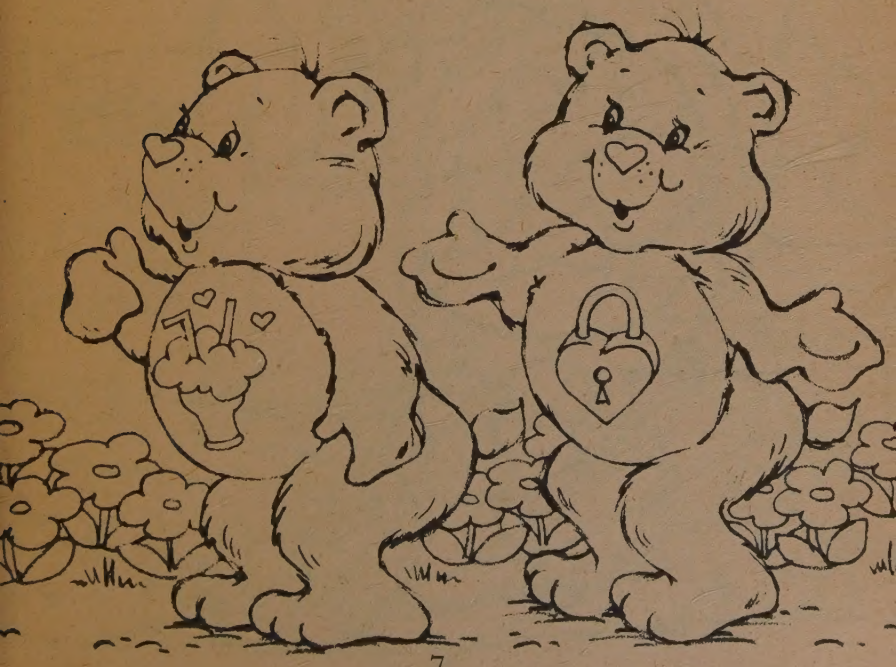
☐TREATMENT:
An antitussive reduces the frequency and severity of coughs.



The Care Bears know that it's no fun to have a cold. Because Care Bears care about you, they're coming to help you stay well and feel better.

"We want to share some ideas for staying well," says Share Bear.

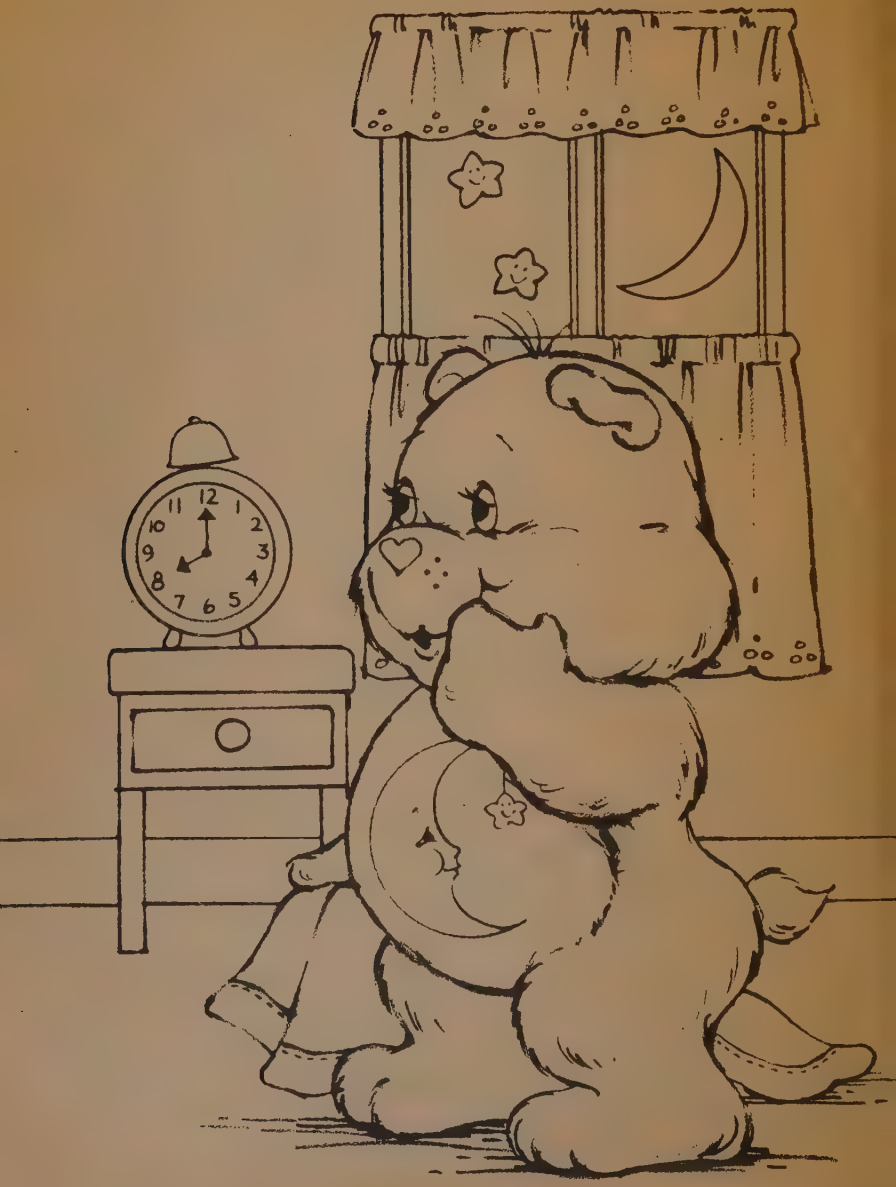
"And some secrets for feeling better, if you get a cold," adds Secret Bear.



"Cold germs are bullies," says Champ Bear. "A good way to fight them is to stay strong! Eat foods that are good for you."

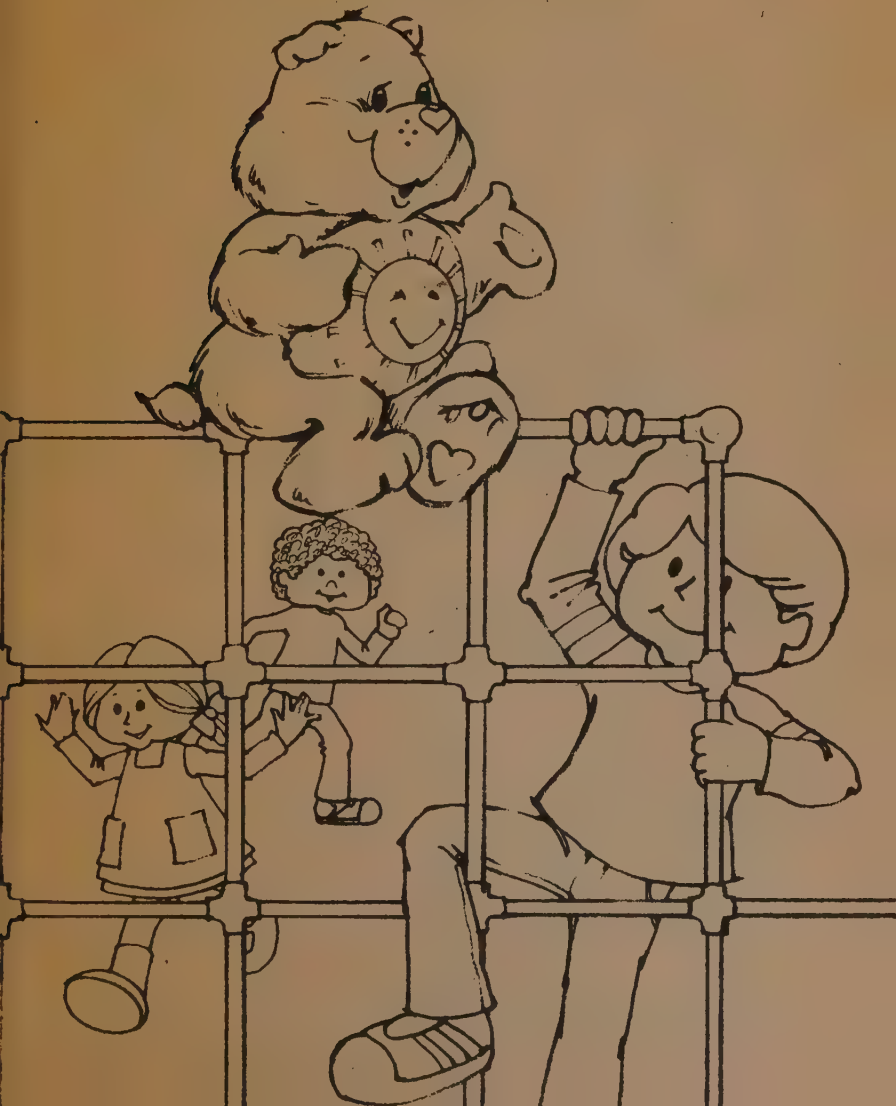
Color all the foods. Put an X through the foods that don't help make you strong.

"Be sure to get enough sleep,"
says Bedtime Bear.



"Fresh air and sunshine are important too," says Funshine.

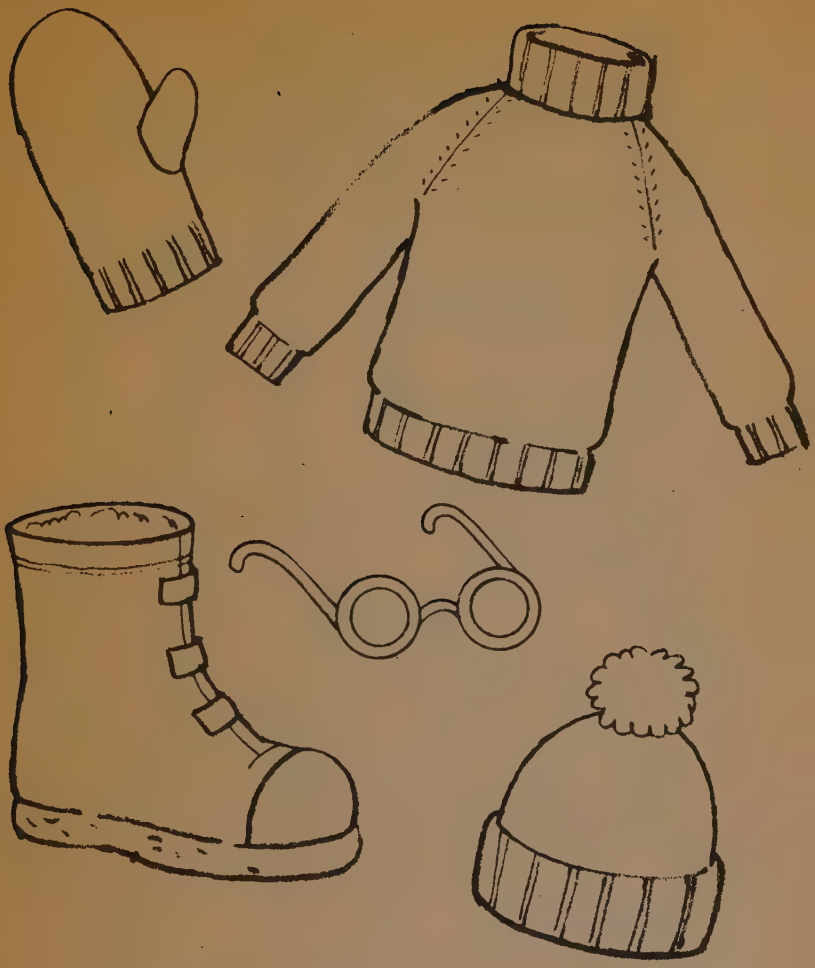
Please draw a smile on the sun.



"Most cold germs get into your body when your hands carry them to your nose, eyes, and mouth," says Love-a-Lot. "So wash your hands often—especially before you eat."

"And don't share the same glass or straw," says Share Bear. "A person with a cold should use throwaway cups and plates."

"Zip up and dress properly," says Grams. "When your body is chilled, it can't fight off cold germs as well."



Draw a circle around the things that keep you warm and dry.

"Sometimes you catch a cold no matter how careful you are!" says Grumpy.

"You'll need tissues, and you may need a cough or cold medicine," says Wish Bear.

Please help Wish Bear get to the store to buy them! Find the path through this maze without crossing any lines.

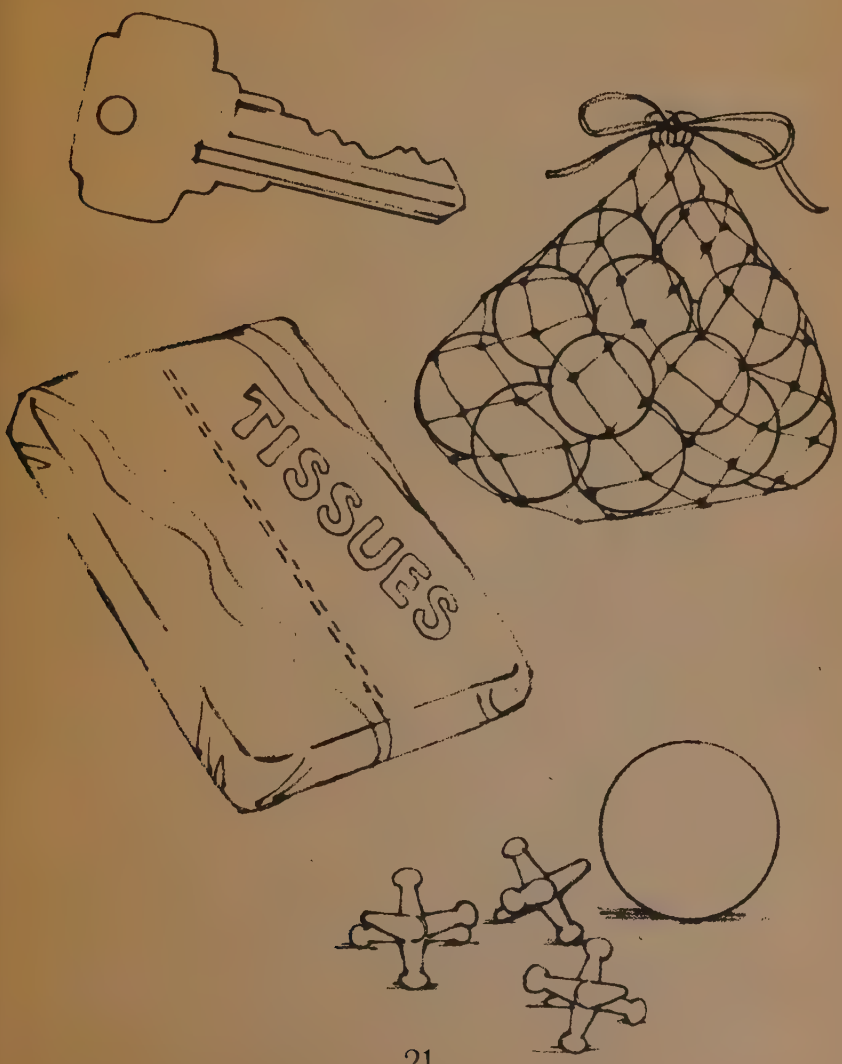
"Colds usually start with sneezes. Always use a tissue when you sneeze," says Baby Tugs.

"Blow your nose gently, blowing both nostrils at the same time," says Tenderheart. "And remember to cover your face when you cough or sneeze."

"Cold germs love yukky, damp handkerchiefs," says Grumpy.

"That's just why you should use throwaway tissues," says Champ Bear.

All of these things fit into your pocket. Draw a circle around the thing you should keep in your pocket when you have a cold.

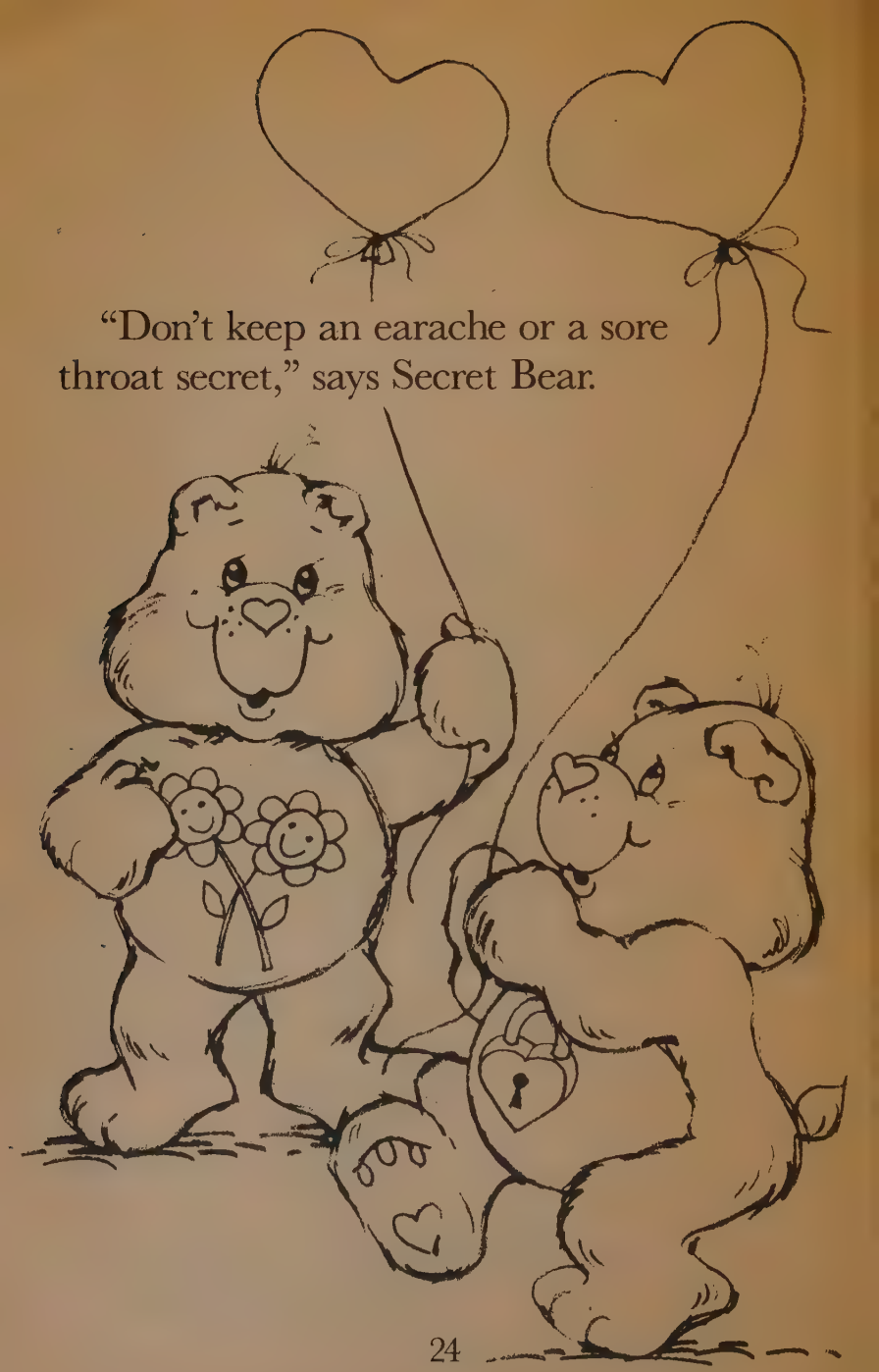


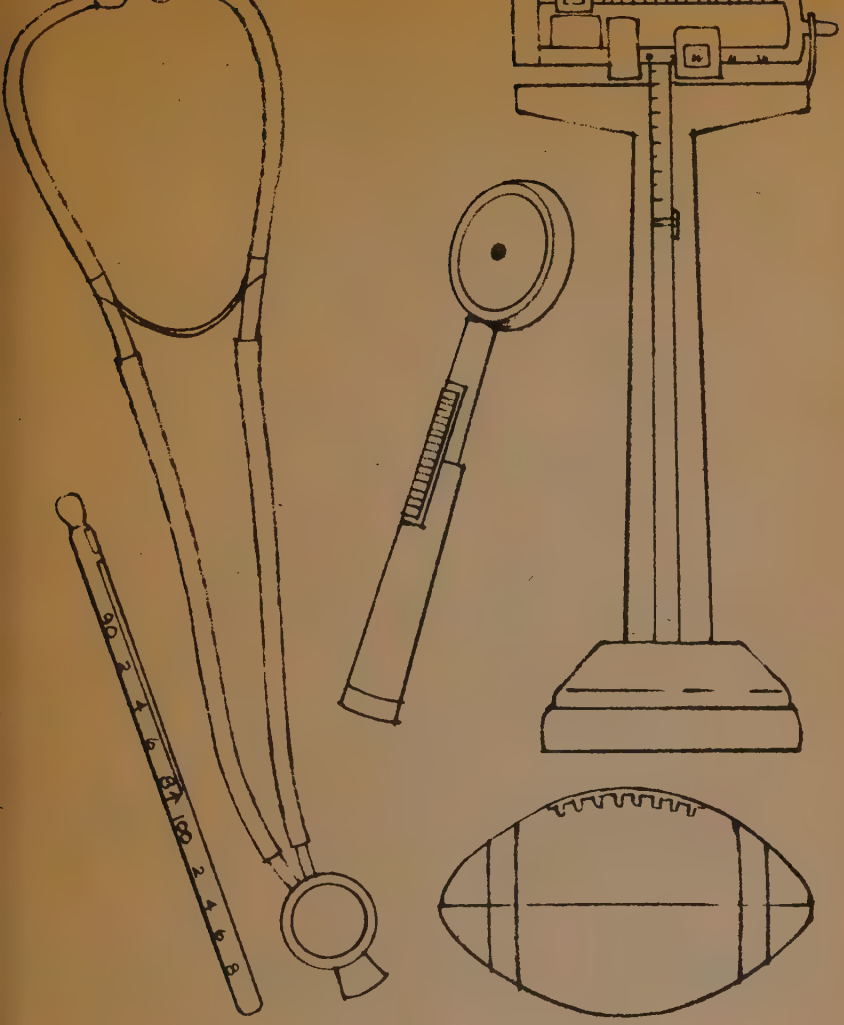
"You'll need extra rest or naps when a cold starts," says Bedtime.

Please connect the dots.

"Never take *any* medicine without asking a grownup," says Grams Bear.

"Don't keep an earache or a sore throat secret," says Secret Bear.





"Your family doctor is a good friend," says Friend Bear.

Cross out the one thing you probably won't see in your doctor's office.

"It's lucky that juice tastes so good," says Good Luck Bear. "Drink lots of liquids and use paper cups."

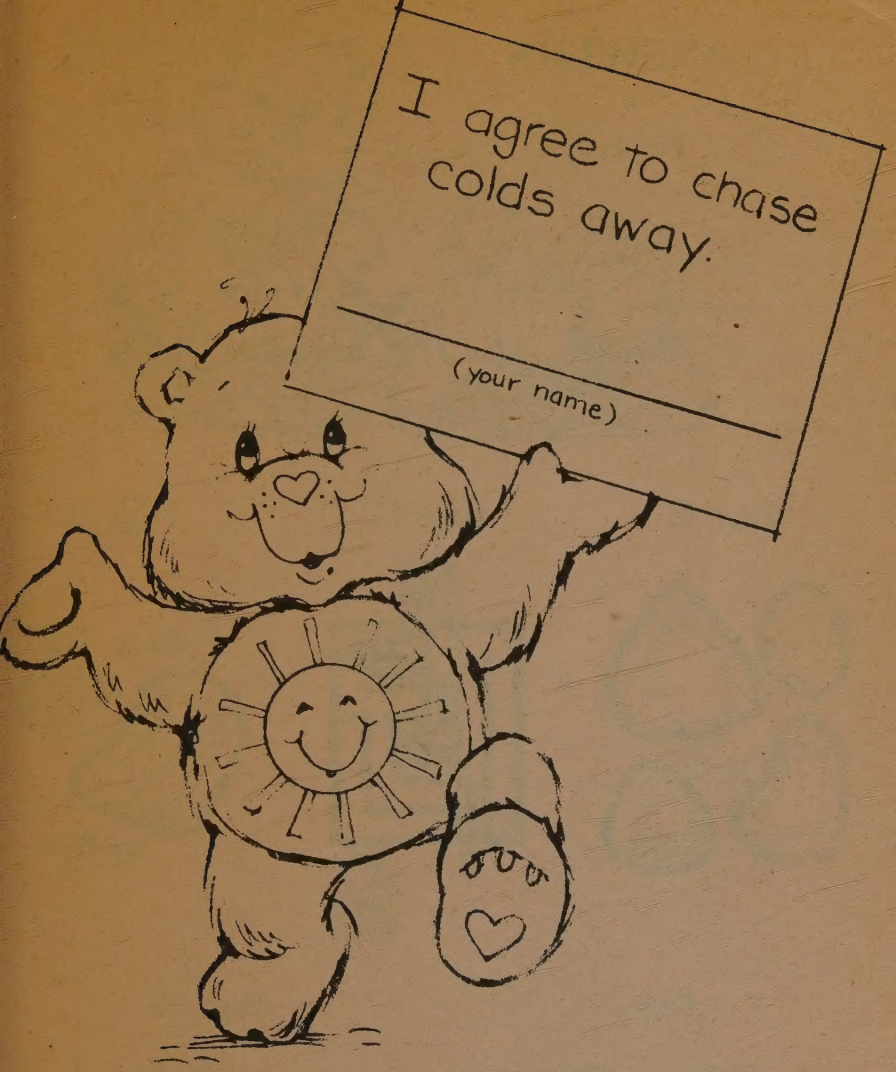
"You may not be hungry enough for a big meal. Soup is delicious," says Grams.

Draw a circle around the bowl of soup that is different.

"When you start getting better, do quiet things," says Love-a-Lot. "Don't get overtired or overheated."

"Taking care of your cold is a way of being a good friend to yourself and to others," says Friend Bear.

"Get better quickly, so you won't miss a party!" says Birthday Bear.



Write your name on the line if you agree to follow the Care Bears' rules for chasing colds.

ANSWERS

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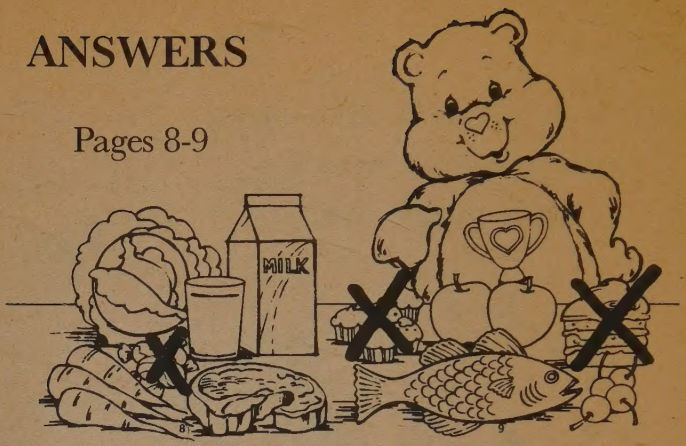

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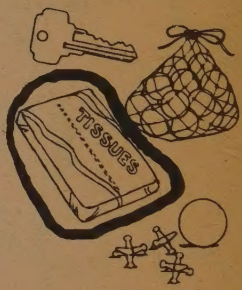

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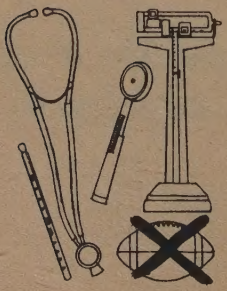

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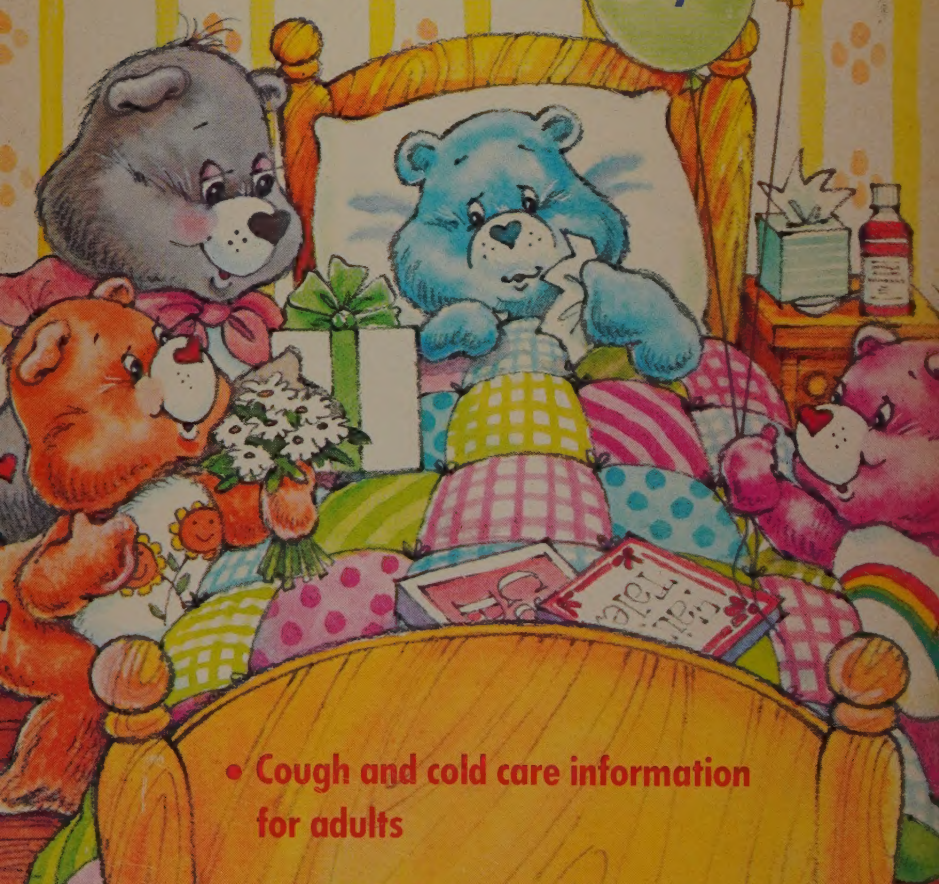

- Cough and cold care information for adults
- Color-and-learn health care lessons for kids

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